

FITTING A BICYCLE HELMET RIGHT

1 The helmet should fit snugly. Use the foam pads to make it fit.

2 The helmet should cover the forehead.

4 Fasten the strap under the chin, with one finger's width of space between the strap and the chin. The helmet must **ALWAYS** be buckled.

Gently try to roll the helmet backwards and forwards, and side to side, on the head. The helmet should not move more than 1/2 inch in any direction.

3 Move the plastic slide to make the straps meet just below both ears.



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